

and Pittam. Kalinga Alavuni is anti-choleric and Va*yu-generat-
ing, Trapusha and Ervaruka are anti-
choleric and generate
the Vayu and Kapham, Vrikshamla
destroys the Kapham and
Vayu, and Jamvira destroys the Kapham
and Vayu. Dadima
(pomegranate) is as&*ngent and V^yu-
destroying ; Nagaranga-
phalam is heavy of digestion, while
Keshara and Matulunga are
appetising and tend to destroy (the
deranged) Kapham and
Vayu. Masha destroys the Vayu and
Pittam, while its rind
is emolient, heat-making and Vayu-
destroying. Arnalakam
is sweet relishing, constructive and
aphrodisiac j Haritaki h
relishing, appetising and favourably
compares with the divine
ambrosia. Like Aksha phalam, it is
liquefacient and laxa-
tive, and tends to destroy all the
Doshas. Tintidiphalam
(tamarind) is liquefacient,-laxative, acid
(in its flavour) and"
subdues the deranged Vayu and
Kapham. Lakucham is
sweet and pathogenic, Vakubm, is Vayu
and Kaphah-subduing,
and Vijapurakam is anti-spasmodic,
proving efficacious in
intestinal glands, cough, bronchitis
and diseases of the
deranged Vayu and Kaphah.
Kapittham (horse-apple) is
astringent, anti-toxic, and anti-
pathogenic, ripe Kapittham
is heavy of digestion. Immature Amram
(mango) generates
the Kapham and Pittam, raw-mango
aggravates the Pittam,
while ripe mango subdues the deranged
Vayu, and is tonic,
cosmetic and spermatopoetic,
Jamboline fruit is astringent,
takes time to be digested, engenders the
Vayu and destroys the

deranged Kapham and Pittam. Tinduka
is Kaphah and Vayu-
destroying, Vadaram destroys the Vayu
and Pittam, Vilvam
engenders the Vayu, and continues
long undigested in the
Piyaten* subdues the deranged Vayu.
Talam>
Mocham," Panasaon .a-nd Narikelam
(cocoanut) are
sweet, emolient heavy (of digestion)'
tonic, and spermat-
poetic. Driksha, Madhuka, Kharjuram
and Kunkunni pacifies*
the enraged blood and Vayu, while ripe
Migadhis are sweet,
laxative and curative of bronchitis and
diseases of the deranged
Pittam* Ardrakam is relishing, appetising
and subdues the de-